

Khobz

Moroccan Medina Bread.

Notes

Recipe (in Arabic) found at the first link below. It is from 'Sayidaty', a arabic magazine.

This is a simple bread, but should be shaped and cooked into 200-300 g rounds about 1-2 in thick and spiked with a fork or skewer. The recipe recommends you ferment as standard and round into small balls, but have a very short proofing time of 10 minutes before flattening each ball and baking immediately. Recipes mention Durum wheat flour, semolina and wholegrain flour; after trying all these I will update this recipe. Anise can optionally be added at 1% or to taste.

From the second link below: 'If you eat three times a day, you eat khobz three times a day; if you eat five times a day, you eat khobz five times a day.' Each loaf of bread is sold in the Medina (central market) for one Dhiram (£0.07)

Ingredients

	Bakers %	500g total	1kg total	2kg total	3kg total	4kg total
White Flour	100%	329	658	1316	1974	2632
Water	48%	158	316	632	947	1263
Yeast	2%	6.58	13	26	39	53
Salt	2%	6.58	13	26	39	53